The Hampden Hippocrat

A Bulletin for the Hampden District of the Massachusetts Medical Society

VOLUME IX SUMMER, 1953 No. 3

ORACLE

1953 — MODEL — 1954

I truly appreciate the invitation to present a brief inaugural address extended to me by the Editors of our official medium of expression, The Hampden Hippocrat. I hasten to comply with this request. The suggestions of either "autobiographical reminiscence" or "Jovian thunderbolts" both impress me as being beyond my sphere of activity. Accordingly, I fall back on the final suggestion of "glimpses of green pastures", for I am convinced our medical pastures are truly verdant, (even though the glasses of custard may be unlimited? Ed.)

The particular pastures concerning which I am anxious to speak are our hospitals. Here, most of us do a large proportion of our work, and here we express our loyalty. The greater part of our un-remunerated efforts are expended in these institutions and most of us augment this not inconsiderable contribution by substantial additional material gifts. In spite of the recent public statement of one of our prominent workers in "federated charity", these gifts reach the point of sacrificial giving in which we may take great pride both individually and collectively.

The medical world has adopted the descriptive designation "teaching hospitals" to describe the large metropolitan hospitals associated with the Universities. Certainly these institutions discharge an important function in the training of our medical undergraduate students. We all recognize how important they are in establishing and maintaining the high level of medical education in the United States and beyond. We all appreciate their important contribution to medical knowledge through their research programs.

We would suggest that we call our hospitals of Western Massachusetts, "learning hospitals" in contra-distinction to the "teaching hospitals" of Boston and New York. Teaching and learning represent the donor and recipient in the educational process. We must ourselves be alert to receive and utilize the lessons which are available in our "learning hospitals" from our colleagues, from our patients, from our literature, and from our experiences. That will enable each of us to come somewhat closer to our goal, to become as good a doctor as our individual limitations permit.

Garry deN. Hough, President

The HIPPOCRAT welcomes President Garry's return to health and practice, also his message couched with restraint worthy of Horace,—

"Whatever the preconceptions are, — Be brief;
So lively words apprise the willing brain
And there hold fast in confident belief;" (De Arte Poetica.)

Hampden Hippocrat

"Life is short and art is long, the occasion fleeting, experience fallacious and judgment difficult." —Hippocrates, 430 B.C.

This Issue 500 Copies

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Opinions of the Board do not necessarily reflect those of the Officers or fellows of the Society.

Members please notify the secretary Allen G. Rice, M. D., 33 School Street, Springfield, when they enter the Armed Forces and when they are discharged.

THE MEEK SHALL INHERIT

The dispatch from Katmandu to the press of the world under date of June 21, 1953, clearly stated that Tensing Bhutia refused to be pinned down on whether he or the bee-keeper from New Zealand, Edmond Hillary, was the first man to plant his crampons on the topmost pinnacle of Mt. Everest.

"We two almost got there together", he said. "Sometimes I was leading and sometimes he was during the ascent." His fellow Nepalese are inclined to believe that the heoric Sherpa guide should share the acclaim, to say the least, bees or no bees.

Commander Robert E. Perry, a few of us now living may recall, chose Matt Henson his trusted negro right bower, among all the other members of his expedition including eskimos, to go the last long mile to the North Pole with him in 1909. But in the public eye, who received the credit?

Rudyard Kipling, on the contrary, did immortalize one other humble figure, Gunga Din,

> ' . . . . for all 'is dirty 'ide
> 'E was white, clear white inside
> When 'e went to tend the
> wounded under fire'

Today we have the General Practitioner, whatever his hide may show, coming into rightful recognition, though even now too often he receives small credit. He is endeavoring to improve himself through organization, and to furnish adequate medical service wherever and whenever there is need. Richard Cabot forecast the demise of the General Practitioner back in 1912. But the tough old G. P. is still going strong regardless of the glory. He too is mostly clean and white inside, as grateful patients know.

BY-LAW CORRECTION

In order to make the by-laws of Hampden District Medical Society conform to the recently amended by-laws of the Massachusetts Medical Society, the following amendments are herewith duly proposed:

In Chapter III, Section 1, line 5, the word, "active", be deleted.

In Chapter III, Section 2, line 2, the word, "active", be deleted.

In Chapter III, Section 2, lines 4 and 5, the words, "active and retired", be deleted.

In the amendment to Chapter III, Section 2, line 6, adopted, April 25, 1950, the word, "active", be deleted.

Allen G. Rice, Secretary

COMPLIMENTS
T. P. Sampson
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18 Maple Street Springfield

GREATER SERVICE

There must be a number of Fellows in Western Massachusetts, particularly in the Hampden District that takes pride in cultural distinction, who are concerned at the lack of necessary funds that Dr. Arthur W. Allen's efforts have publicized in behalf of the splendid Boston Medical Library. Year by year the Library grows more useful and valuable. Without it medical progress would be measurably retarded and learning would suffer.

The membership at-large of Massachusetts Medical Society is doing a worthy and most necessary service in contributing $5.00 per member yearly toward the running expenses of that institution. But coincidentally, the $15.00 yearly fellowships are dwindling. Since this contribution began, more books have circulated each year to outlying hospital libraries throughout the State, and many more individuals have sought the lending service or visited the library itself.

But the sight of tier upon tier of books and journals stored in packing cases, their inaccessibility and their dust-covered condition, have convinced everyone who has explored the premises at 8 The Fenway that the new stacks must be installed without more delay. New elevators should be added for safety and to expedite the work of library attendants.

Dr. Allen has devoted a great deal of time and study to the problem of rehabilitating our great Boston Medical Library, and so have Howard Sprague, the Treasurer and Joe Garland our gifted Academician and Editor and numerous other busy medical men. We urge the suggestion that many members of our own District Society lend a hand to these good doctors that their efforts may be successful, but especially in order that lay contributors may see that doctors are doing their part. The foundations and other large givers always ask that pertinent question first. The effort is spread over three years, so that the burden will not be unduly heavy on anyone. Should we say that each member of the editorial board has contributed, convinced as they are of the value of medical literature, or is that letting the left hands in on the secret of the dexters in the face of holy precepts?

S. Q. Lapius

THE MEDICAL READER

"The Voice of the Mountains" is recommended particularly to physicians who have little time for side trips or browsing through shops for objects suitable for gifts, whether for 'boxing day' as Britons say, or birthdays, — yes even for wedding anniversaries, wives, if you can bring yourselves to prod absent minds. Family needs for 'table buttery and kitchen' are stressed. Said objects may be delivered to your door by Vrest Orton's unique Vermont Country Store in the village of Weston in the republic, as he calls her, of Vt. Slates, Nutmeg Graters, Rock Candy, Spiders . . . . Buggies (that run on hay, water and oats) — but why spoil your pleasure?

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HAMPDEN DISTRICT MEDICAL SOCIETY
List of Committees for 1953 - 54

BLUE SHIELD DISTRICT PROFESSIONAL SERVICE

Dr. William Donovan, Chairman
Dr. John Pallo
Dr. Robert O'Malley
Dr. Edward Katz
Dr. William Devlin

The purpose of this committee is to consider all matters at the district level pertaining to Blue Shield and report on the same to the Executive Committee and to the Society.

EMERGENCY MEDICAL SERVICE

Dr. Theodore Miner, Chairman
Dr. Lewis W. Whiting
Dr. Robert F. Cahill
Dr. Bronislaus Galuszka
Dr. Kenneth Fletcher, Jr.
Dr. Patrick Moriarty
Dr. Lawrence Putnam
Dr. George Ross

The purpose of this committee shall be to operate, supervise and direct the emergency medical services in the different communities in which they exist and to advise concerning the extension of such services into additional communities of the district where indicated.

PUBLIC HEALTH

Dr. Joseph Baker, Chairman
Dr. John A. Burke
Dr. Frank Duffy
Dr. Martin B. Murray
Dr. Sprague Curtis
Dr. J. J. Pendola
Dr. George Vassos

This committee is to supplant the previously existing special committee called the Committee on School Medical Services and Public Welfare. The purpose of this committee shall be to investigate, consider and discuss any subjects relative to the public health referred to them by the Evecutive Committee or by the constituted health authorities of the various communities in the district. Subsequent to such consideration, recommendations shall be made concerning the subjects considered to the Executive Committee or to the Society.

DISABILITY INSURANCE

Dr. William J. Cosgriff, Chairman
Dr. Edwin J. Gillis
Dr. Matthew J. Bachulus

It shall be the purpose of this committee to supervise the handling of claims under disability contracts now existing, to hear any complaints concerning servicing of these contracts, to take such steps as necessary to improve the servicing of these claims, and report the same to the Executive Committee and the Society.

WOMEN'S AUXILIARY

Dr. John Turner, Chairman
Dr. Jacob Weisman
Dr. Azel P. Barney

It shall be the purpose of this committee to advise and assist the Women's Auxiliary and its officers in any way and to act as liaison group between the Auxiliary and the Society.

(Over)

MEDICAL ADVISORY COMMITTEE TO THE SELECTIVE SERVICE SYSTEM

Dr. Thomas F. Reilly, Chairman
Dr. Donald Hayes
Dr. Noah Feldman
Dr. James B. Bigelow
Dr. Herbert Toombs
Dr. James Murphy
Dr. Harry L. Strachan

The Public Relations Committee and the Legislative Committee have been formed to act as advisory committees to the elected public relations councilor and legislative councilor. As neither of these councilors felt the desirability of such a committee, none was appointed at this time.

The previously existing committee on Diabetes; Industrial Health; Rehabilitation; and Hospital and Professional Relations were felt to be unnecessary and were not re-appointed at this time.

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Allen G. Rice, Secretary.

FOOD FOR THOUGHTFUL BARBERS AND OTHERS

I believe it is a great advantage for youngsters to learn as many trades as possible, especially when they are young. The same applies to foreign languages. These later prove useful in unforeseen occasions. These dictums may sound like jests, but barbers specially may find it not so funny.

A number of years ago I made acquaintance with a wire-haired Scot, a retired police officer. He was suffering from what he had been told was an incurable stomach disorder. A simple surgical procedure gave him immediate relief, and what is more he remained well. That certainly must be 25 years ago.

He recovered quickly, being a small wiry man, and within a matter of days he began to function as an orderly, and with great success. He liked it in the hospital and stayed a couple extra weeks. When time came to leave I asked him how he liked his stay in the hospital. He said he liked it fine and that there was only one thing more that he could desire. I was naturally anxious to know what that was. He told me his hair was too long and he wished it cut. I asked him if that was his only complaint and he readily answered, "yes".

When I was a boy I learned the barber trade and still had my tools, so I asked him if he would kindly take a chair, and promptly cut his hair. I do not believe I ever saw such a surprised man and everybody got a good laugh.

For a couple of years now, I have regularly seen an advertisement of an instrument for cutting one's own hair. Frankly, I thought it a joke, but only a short time ago a friend of mine came to see me, and I noted his hair was long and he had this tool, and he told me he wished to give me a demonstration which he proceeded to do. He is one of the wisest men I know.

Imagine my astonishment, when in the course of minutes, without fanfare, he was well groomed in so far as his hair was concerned. I have long known how to take the wind out of Mr. Gillette's sales by making one of his blades improve with age, by a simple process, but this time I was truly amazed. There is an economic as well as tonsorial aspect to this story.

This friend left me this new tool and I naturally started to experiment with my son's hair, and as long as I am able to be around I certainly do not expect to pay another barber. Another friend came to see me a short time ago and I noted his hair was rather long. I whipped out my new tool and in the course of minutes his superfluous hair was on his back and on the floor. He could hardly believe his eyes.

This may all seem funny but barbers are not laughing for if they know anything it is that their goose is cooked. They have simply priced themselves out of a job.

There is a more serious moral to this story for dignified physicians. A report of a delivery by police officers is not unheard of and there are other possibilities.

Romans had a saying **'caveat emptor'** or 'beware the buyer'. I would modify this a bit and say **'caveat tonsor'** and might also add **'caveat doctor'.** He may price himself out of a lucrative practice. Another addition would be 'caveat uxor' She may not escape all repercussions of this bloodless social revolution with hair-dos costing what they do!

M. D. Littlerock

HOT FLASHES

Eight-sided moth balls can be strung like beads on a clothes hanger, won't roll under beds, but can be swallowed almost as easily as spherical ones.

A new brake compound ends brake "fade" and the w. k. squeal, but it won't remove the lead from drivers' shoes.

Science News Letter

Harris Pharmacy

139 Chestnut Street

Springfield **Massachusetts**

Psychiatric Stich-In-Timing

A full time service designed to provide a specialized mental health resource for eight Hampden and Hampshire County communities, (combined population 167, 878 in 1950), has been in full time operation since January 1.

Staff is being provided through the Division of Mental Hygiene of the Massachusetts Department of Mental Health, and consists of a clinic team of psychiatrist, psychiatric social worker, and psychologist. With administrative and treatment center temporarily located in the Nonotuck Street School, Holyoke, the organization of the service has made remarkable progress in its dual function of providing a consultation as well as a treatment service. After Sept 1st, 1953, the Clinics will be held in the Winship Building, 326 Appleton St., Holyoke.

Systematic planning has been carried on since the early spring of 1950, spearheaded by a group of interested citizen leaders from the membership of the Holyoke Junior League assisted by Arthur C. K. Hallock, Director of Community Organization of the Division of Mental Health of the State Department, and Alice K. Lucey, Executive Secretary of the Holyoke Chest and Council. The organization now consists of an association representing the area whose incorporated purpose is "to assist in the organization and operation of a mental health clinic to serve the mental health needs of Holyoke, Chicopee, Northampton, South Hadley, Granby, Amherst, Easthampton and Southampton". Facts, figures and opinions gathered early in the process from the medical groups, school guidance directors, public and private agencies testified clearly that the area was grossly in need of a mental health service for both children and adults. An application was filed in March 1951, with the Massachusetts Department of Mental Health for funds to assist in providing adeqaute staff and other operating costs.

The association began more formal organization upon notification from the newly appointed Commissioner, Jack R. Ewalt, M. D., in early September 1952, that funds had been provided by the Legislature for four clinic teams, one to be assigned to this area's plan.

All operating expenses other than professional salaries are to be provided thru local area resources, mainly voluntary donations from individuals. As the organization develops, special arrangements may be worked out with local agencies.

Referral of patients to the clinic may be made directly by a physician, or by a community agency with the approval of a physician. The Clinic Director has the final authority to accept or reject any applicant for service. In the case of children, the request for service shall be made or endorsed by parents or guardian.

Treatment at the clinic will be entirely without cost only to those individuals whose families are truly indigent. For all other patients accepted for treatment, a sliding scale of minimal fees has been established, based on income and number of dependents. The clinic by law cannot accept for treatment persons or families who can afford to pay for similar treatment elsewhere.

The emphasis in the opening months of the treatment program has been on emotionally disturbed children and their families. Adults who would like psychiatric help for themselves will be referred to their family physician. As soon as these adults have established this relationship, the clinic staff will see them in a consultation setup upon request of the physi-

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cian, and make a report to him. Referrals made through May 1, indicate wide understanding and use of this new resource throughout the area, with about 50% of the 45 active cases being referred directly by physicians. School guidance directors, and social agencies, and a number of self-referrals make up the rest.

Director of the staff to date has been Warren T. Vaughan, M. D., head of the Division of Mental Hygiene, who will turn over full-time direction of the clinic August 1, to Willis Ploof, M. D. Mrs. Alice H. Collins is Psychiatric Social Worker and Herbert Altschuler, Psychologist.

Questions and comments regarding the new clinic are invited, and may be directed either to Mrs. Richard J. Murphy, 274 Oak Street, Holyoke, President of the Association, to Dr. Edwin M. Mahoney, 560 Dwight St., Holyoke, or to Dr. Warren T. Vaughan, care of the clinic.

REPORT OF PROGRESS

The A. M. A. Educational Foundation, organized to raise funds for the seventy-nine medical schools of the U. S., has made a splendid beginning. $1,652,471.46 have been collected since 1951 from individual doctors. With this help, the National Foundation has been enabled to distribute to the schools $2,819,901.00, $37,500 each to the four year schools, and $17,000 to those offering two year courses. In many cases, these have been the largest unrestricted funds that the schools have received in many years. Encouragingly, the number of contributors has increased by 287% in 1952 through better organization. Prospects seem bright for the attainment of the goal of $2,000,000 in 1953.

The number of Massachusetts contributors, however, particularly from the Hampden District, looks pathetically small between those of Maryland and Michigan. Fred Hagler's name, of course, graces the list, but that of only one other Hampdenizen is visible! Great as has been the response, the need is still urgent.

DISTAFF DOINGS

The Women's Auxiliary Hampden District Medical Society held its annual meeting and election of officers at Hotel Kimball in Springfield on April 14th. Dr. John Pallo, president of Hampden District Medical Society, was guest speaker.

Mrs. Martin Gaynor, retiring president, conducted the busines session. New officers elected to serve for the ensuing year are: President, Mrs. Alfred M. Glickman; president-elect, Mrs. Azel Barney; recording secretary, Mrs. Aldo J. Leani; corresponding secretary, Mrs. John Tate; treasurer, Mrs. Herman Shuman; director for one year Mrs. Gaynor; Mrs. Cyril Shea of Chicopee and Mrs. Edward H. Halton of Holyoke will continue their terms for one more year; delegate to State nominating Committee, Mrs. Donald Hayes; alternate, Mrs. Arthur Gramse.

Delegates chosen to attend State Meeting in Boston were Mrs. William Devlin, Mrs. E. U. Dillenbach, Mrs. Stanley Dixon, Mrs. Martin Gaynor, Mrs. Frederic Hagler, Mrs. Aldo J. Leani, Mrs. James A. Seaman, Mrs. Cyril E. Shea, Mrs. Terrence Ryan, Mrs. James Visconti, and Mrs. Jerome Whitney.

It was voted to again award four nurses' scholarships of $100.00 each to a student in each of the four training schools in the Hampden district and one for $40.00 to a girl wishing to enter Trade School. This with the promotion of Today's Health has been the major project of the Chapter.

Mrs. Stanley R. Dixon

Editor's note: The Women's Auxiliary has proven helpful, notably in the legislative program to keep high standards of medical practice.

Compliments
George St. Pierre
Springfield

COMPLIMENTS
Ernest A. Byron
SPRINGFIELD

THE AMERICAN CONGRESS OF PHYSICAL MEDICINE AND REHABILITATION

The 31st annual scientific and clinical session of the American Congress of Physical Medicine and Rehabilitation will be held on August 31, September 1, 2, 3 and 4, 1953 inclusive, at the Palmer House, Chicago, Ill.

Scientific and clinical sessions will be given on the days of August 31 and September 1, 2 and 3. All sessions will be open to members of the medical profession in good standing with the American Medical Association.

In addition to the scientific sessions, annual instruction seminars will be held. These lectures will be open to physicians as well as to therapists, who are registered with the American Registry of Physical Therapists or the American Occupational Therapy Association.

Full information may be obtained by writing to the executive offices, American Congress of Physical Medicine and Rehabilitation, 30 North Michigan Avenue, Chicago 2, Illinois.

NAME WANTED!

For those who are interested in history, Dr. Leonard is not the first medical man in this area. An airmail stamp will be sent to the first doctor in the Hampden District who can send me the name of the first alleged 'healer' here who was killed by Indians.

W. A. R. Chapin

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